Association Wrestlers to Enter Memorial Athletic Club Tournament

Well-trained Champion Fighters Who Are in the Eyes of the Public







PACKEY MCFARLAND,



FREDDY WELSH. Light-weight champion of the world.





TRAINING THE BODY AND BRAIN TO WIN HOW TO HAVE ENDURANCE---BY FREDDY WELSH

Showed Speed in Philadelphia IGGRESSIFE POLICY

Had No Difficulty in Long Bout

them at the same speed. In have atways followed a policy, d and appressiveness. I started of sheed and aggressiveness. I started that and then kept it up, and still I was not tired. But I began to wonder what I would be table to do in a long bout. When I went through with my first twenty-round somest, however, I found that I had no more difficulty with it think with the short bouts, and that I was, it anything even better at the long distance game than some of those whose

These who have seen any of my twenty of Iwenty-five found contents know that I usually finish them about the fast is I begon, and I may say fruth-full that I have haver yet been too tiped for good boxing in any long bout

Possessed Unusual Endurance TRAINING+ + + + Made It a Careful Study

It was not louge before I came to the onclusion that I naturally had unusual neurance, but I know now that it was of so, and that it was simply the rehelms: I ever took up boxing and also part s ining in connection with my training. that I also made a areful study of the subject of endurance The great lesson is that any one car

It is true that endurance is really a durance practically mean the same thing.

It is true that endurance is really a durance practically mean the same thing. The works at work for a period of time, even though it does not call for the company much strength.

If you want to have a good, healthy bettern double to compete the condition of vigorous health, whereas the condition of vigorous health whereas the co peated or continued exertion. But there mere muscular bulk and temporary mus-

Poisons Choke Up the Body * * * * * MAKE THE MUSCLES FAIL

Endurance a Natural Means

whichever you wish to call them, result-ing from the activities of the body, whether mental, muscular or organic o observet or choke up the body, which seems the same as possening the body. eats they make it difficult to think

Now, to keep the muscles and brain and other bodily structures elean and teans endurance.

Organs Must Be on the Job ENDURANCE HEALTHY **# # # # #** Strong, Not Really Sound

To do this continuously the organs that perspire, have endurance in fact, it is natural. To do this continuously the organs that a man is like any other animal, except have to do with the circulation and the purifying of the blood, and the elimination of the same of the purifying of the blood, and the elimination of the same of the purifying of the blood, and the elimination of the same of the job. When you come right down to must be sufficiently continuous to keep months previous to the race, and was brass tacks, organic strength and enthe works" at work for a period of only entered in an effort to land the team

Endurance Is Very Beneficial

Father Competes with His Son.

working for great strength or working ment, but it is always the smooth and for health.

It is true as a general proposition that cally useful for cultivating endurance is important. You can enlarge your muscles and build immediate strength by just a few strenuous efforts each day, one at a time, without even making yourself puff, and with very little effect in pro-

internal organs.

The professional "strong man" of the type of Louis Cyr. who has the muscles for lifting great weights and is at the Dan Healy and Mike Lynch of this possibility. And the "muscular suffering from dyspepsia is an-

Real Action One Requirement EXERTION THE COUNT

* * * * * Athletes Must Perspire Freely

not require strenuous exercise so Healy, Lynch, Williams, Mathews, Blumuch as continued activity. And when mer, Covert and Schmidt, I say this, remember that I am writting

peated or continued exertion. But there mere muscular bulk and temporary mus-is a great difference between endurance and merely temporary muscular strength. Very much in this way. You may be one be it. Of course, you can't take too across the board in eleventh position. stiff an exercise at first and continue it very long, but the more time you veterans of the Yellow and White and spend in some continuous exertion that are the ones the youngsters depend on

of exercise each day, no matter how should they enter the twenty-mile affair and Navy, the Georgetown Preps have lessened good it is, will give you the same bene-to be held by the Fourteenth Infantry, the distance between thuselves and the leaders, fit that you will get from an hour at of Brooklyn, on George Washington's Gonzaga. The game, although close, was devoid

DO GREAT DEAL OF WORK * * * * * Lung Action Is Demanded

Any exercise that calls for continuous effort is satisfactory for endurance building, but distance running is undoubtedly the best of all. That is why athletes who are training for boxing or other games that do not call for running at all always do a great deal of "road work" as a means of getting into condition. Running calls into action the largest muscles of the body, and even when running at an easy pace the use of these large muscles demands viscous heart and lung action. To any distance even at moderate speed means taked to least a like the same and the physical instructor at the carried the call argued muscles of the physical instructor at the call argued time, and the ran a good race although not true to form.

Institute, believed him equal to the occasion and he ran a good race although not true to form.

Trims St. John's College Team by the law part in take part in.

TRIM HARVARD FENCERS.

Annapolis, Md., Jan. 20.—The Annapolis defense, Loyela College, of Baltimore, but the fine substance of the substance of the bits session of the Delaware legislated attack as well as a good defense, Loyela College, of Baltimore, but the fine substance of the largest muscles of the body, and even when running at an easy pace the use of these large muscles demands visfance or the college Team by

TRIM HARVARD FENCERS.

Annapolis, Md., Jan. 20.—The Annapolis defense, Loyela College, of Baltimore, but the fine all argued enters to day by administering a decisive defeat to Harvard. There were nine bouts, the foil being the won from St. John's College Team by

TRIM HARVARD FENCERS.

Annapolis, Md., Jan. 20.—The Annapolis defense, Loyela College, of Baltimore, won from St. John's College Team by

Wilmingthe, Del., Jan. 20.—The Annapolis defense, Loyela College, of Baltimore, won from St. John's College Team by

TRIM HARVARD FENCERS.

Annapolis, Md., Jan. 20.—The Annapolis defense, Loyela College Team by

Wilmingthe, Del., Jan. 20.—The Anna

cial from a health standpoint than mere-ly working for great muscular strength. but I can recommend it nevertheless.

pleasure in it is the best guide. Don't ing, I am like the small boy the force yourself to keep on with it after the exertion becomes painful. Take it But while I don't like sleep I

Is Very Easy to Overdo It BEGIN WITH LIGHT WORK Could Try Mountain Climbing

find a perfect physical develop- speaking for those who are only working

a nervous type, and too ambitious. In that case, you might do your training three times a week instead of daily, Don't be too heroic. And in athletics or physical culture, or health, success in all his matches. He was out the winners. Last w

Carroll Veterans In Seagate Race Enter Tournament KELCHNER WINS GAME

to Enter Twenty-mile Run in Brooklyn.

BEST AT LONG DISTANCE

will probably go to New York City to Endurance, on the other hand, does Birthday, will be composed of Capt.

In event of the team, for any unfore not so much for the athlete who is in training as for the average young man who needs exercise for the sake of better health. Endurance means health. And it is the continuous or repeated exertion that counts, something of a kind that will make you perspire.

s not too energetic, the better will be to show the way in all the races. Healy our endurance and your health.

Don't think that five or ten minutes speed at the long distance hikes and

the mark in this big race.

When Dan Healy entered the championship he was in no condition to do himself justice, as he was injured early in the fall and his doctor refused to grant him permission to complete. In grant him permission to complete. In the Casion preliminary and in the finals.

Deed La F. Sterman Musical Wagner Counter Sterman Monahan Monahan from foot-De La Vergne 6), Kimberly (D. Cooney (D. Wagner (D. Kenning (D. Monahan, O'Donohue, Dowd, Referred Mr. Klanberg, Time of halves—15 and 10 minutes. grant him permission to complete. In the Casion preliminary and in the finals he showed remarkable form and Prof.

ENTERS BROOKLYN RACE.

Y. Wrestlers Will



MIKE LYNCH.

GEORGETOWN TOSSERS **DEFEAT A. AND N. PREPS**

Scholastic Race by 20 to 14

Victory. By virtue of their 30 to 14 victory over Army and Navy, the Georgetown Preps have lessened

LOYOLA QUINT WINS. Joyce, the physical instructor at the Curroll Institute, believed him equal to the occasion and he ran a good race al-

Association Grapplers Are to of the Memorial Athletic

held by the Memorial Athletic Club at the latter's clubhouse on the evening of February 5. The Y lads have been training under the supervision of Coach Paxton, and from all reports they have rounded into perfect condition.

Paxton deserves all sorts of credit for the way he has handled the wrestlers at the Y and by the performance of his men in all the events they have entered of late.

It might be mentioned that Paxton has

in all the events they have entered of late.

It might be mentioned that Paxton has theid the 145-pound champlonship of this city and the South Atlantic district for a number of years, and recently startled the natives by entering the 165 and 158 pound classes in the one meet and carrying off stellar honors in both classes.

The Y will be represented by Buckner in the heavy-weight class, who is one of the best big men seen in these parts for some time; the 165-pound class and the 158-pound class will be taken care of by Coach Paxton, who will undoubtedly give a good account of himself. In the 135-pound class weight and Wallow will carry the Y colors. Both of these men tay was a good account of himself. In the 135-pound class weight and Wallow will make all who go against them hustle.

Elizalde, the Cuban wonder, will wrestle at 125 pounds. This boy shows all the earmarks of a coming champlon, and will bear watching. Gregg and Becker will be a seried will be a ser

he consistent forward of the Preps, starred is and Navy. The line-up and nummary: classes. Both of these little fellows have hear consistent performers for some time, and are likely to take the long end of the events.

L. F. Be La Vergue of Monaham from floor-De La Vergue of Kimberly ney (D. Wagner (D. Keming (D. Monabur, Dond), Referee—Mr. Klanberg. this season, and for the first time in some years appears optimistic as to the re sults of the meet the Y mat artists will

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Tony Bernard to Meet Joe Turner Wednesday

Middle-weight Champion of the World Agrees to Throw Local Italian Twice in Hour or Forfeit Large Purse.

the management of the Majestic Thea-ter will stage another wrestling bout the mat in the specified time. He put

time. I don't need to mention tobacco. Every boy in the country knows that to-bacco will kill your wind.

In fact, anything that puts a trace of poison into your blood, anything that makes your blood less pure, anything that helps to sap your energy, whether it is worry or whisky, will affect your endurance just as it will your general health.

Londale belt.

ter will stage another wrestling bout the mat in the specified time. He for the middle-weight championship of the world.

John Turner, the middle-weight championship of the world, agrees to put Tony Bernard's, the local Italian grappler, shoulders on the mat twice in one hour rough work of Zerega.

Friday night the amateurs will is another chance to show the specified time. He for the middle-weight championship of the world.

John Turner, th

ment, but it is always the smooth and natural type.

The conspicacions display of bulging muscles that you find in the professional weight lifter is almost never found in a walk fast. Or play golf.

In athletics or physical culture, or health, not just plain business success, about the or just plain business success, about the fit you find running too energetic for you, then try mountain climbing. Well, hill best thing you can do first of all is to work for endurance.

Cleveland. In the latter place he had climbing is the same thing. At least you work for endurance.

Clopyright, 1915.)

Bernard, the local wrestler, has been class in all his matches. He was out as far as St. Louis and north as far as St. Louis and nor

working hard for this match and expects was not room on last week's program to stay the limit. He ways that Turner for them,

IN BIG POOL TOURNEY

Compete in Open Tourney Defeats Purcell, 100 to 97, in Great Contest at Royal Parlors-Shows Phenomenal Spurt.

Another heart-rendering finish was dished up in the pocket-billiard match the "sea" from New York, upset the real dope here last night when he for the District championship at the defeated Carroll Donnelly, the Southern Royal Billiard Parlors last night, when champion roller skater, over a mile course The wrestling team of the Y.-M. C. A George Kelchner beat Thomas R. Puratther at the armory rink in the fast time of three minutes and twenty-one and two-neth seconds. open wrestling tournament that will be nomenal spurt near the close of the held by the Memorial Athletic Club at game, after his opponent had scored former, and grabbed the lead early in



Isn't an Endurance Game

A game of checkers by mail, which started last February, has just been completed. The contestants were William Stadier, of Five Points, and E J. Davis, of Dublin, Five Points and Dublin. Dublin. Five Points and Dublin are small townships in Pennsylvania. The playing was accomplished by postal cards. Each player had his own sheckerboard, which was numbered, and each informed the other of his moves by mail-

Southern Champion Goes Down to Defaet in Great Mile Race-Yale

Alexandria, Va., Jan. 30.-Willie Vale,

\$2.00 Boxing Gloves. \$1.45 \$2.00 Striking Bags, \$1.45 \$4.00 Striking Bags, \$2.95 \$2.50 White Elk Boxing and Bowling Shoes. \$1.95 \$2.00 White Elk \$1.45

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